



The Journal

Vol. 26

No. 43

www.cnic.navy.mil/bethesda/

October 23, 2014

NSAB Access Control Changes Begins Nov. 1

By NSAB Public
Affairs Office

Changes to installation access control procedures are coming to Naval Support Activity Bethesda (NSAB), and will take effect Nov. 1.

"These procedures will align NSAB with Department of Defense (DOD) installation access requirements," explained Hans Semple, NSAB installation access control officer. "This will greatly enhance the security posture of the installation to better serve our patients, staff and visitors," he said.

Identification (ID) credentials used to gain access to NSAB include:

- DOD Common Access Card (CAC)
- DOD military retiree, dependents and other DOD beneficiary ID cards
- Veterans' Administration beneficiary ID card (with a valid medical reason to enter the installation)
- Navy Commercial Access Control System ID (NCACS, RAPIDGate®)
- U.S. Civil Service retiree ID
- U.S. Government-authenticated federal PIV credentials (for entry on official business only)

- NSAB Access Credential ID
- NSAB one-day or temporary pass

Semple added that it's important to point out that Walter Reed National Military Medical Center, Uniformed Services University of Health Sciences and Armed Forces Radiological Research Institute staff ID badges will no longer be accepted for installation access.

All other requirements and uses for these badges will remain in effect.

The process to request access for visitors will change as well. There will be three methods for a visitor to gain access to NSAB:



Photo by Julie Smith

Beginning Nov. 1, individuals will no longer be able to use staff identification badges to gain access to NSAB. Changes will also occur regarding access to the base for visitors.

- Visitors may be escorted onto the installation by a DOD civil service employee, military member, dependent or reservist.

- Through a pre-vetted access list. Requesters will submit an access request and completed SECNAV Form 5512/1 through the appropriate channels, at least three working days (Monday through Friday, excluding federal holidays and government closure days) in advance. Criminal history and sex offender background checks will be conducted. If the prospective visitor passes these checks, their name will be placed on the pre-vetted access list at each NSAB entry

control point. Visitors will not be placed on this list without completing this entire process.

- Pick up a pass. Requestors must submit a prospective visitor's name through the correct channels, and instruct the visitor to report to the NSAB Visitor Control Center (Pass and ID Bldg. 102, at the North Gate/Gate 1) from 8 a.m. until 3 p.m., Monday through Friday. Criminal history and sex offender background checks will be conducted. If the prospective visitor passes these checks, they will be issued a temporary pass.

Per CNICINST 5530.14A, "NCACS (RAPIDGate) is an enterprise identity manage-

ment and perimeter access control solution designed to manage commercial vendors, contractors, sub-contractors, suppliers and service providers (vendors and contractors) who are not eligible for a Common Access Card (CAC) coming aboard CNIC installations." This includes contract employees who are not eligible for a CAC due to the nature of their job. NCACS is optional, however those who would normally be issued an NCACS credential but decline to receive it will be required to report to the Visitor Control Center (Pass & ID) every day, await criminal history and sex offender background checks

and obtain a one-day pass.

"There are still many personnel on NSAB who fit the criteria for NCACS, but have not yet enrolled," Semple emphasized. "Enrollment needs to take place immediately if those needing access to NSAB want to get into NCACS by the time these changes take place Nov. 1."

For more information on NCACS (RAPIDGate), please contact Noe Cevallos at noe.cevallos@med.navy.mil. For more information on these changes, please contact Hans Semple at hans.semple@med.navy.mil or hans.semple@navy.mil.

Captain's Corner

Shipmates,

Last week I assumed Command of Navy Medicine Professional Development Center (NMPDC) onboard Naval Support Activity Bethesda. I can't tell you how pleased I am of the support and welcome my wife Suzie and I received. We have been stationed here for the last 16 months and since then have made new friendships and rekindled old relationships with others we haven't seen in a while. So, we are really excited about re-touring and extending our stay in Bethesda.

NMPDC is one of three echelon-4 subordinate commands reporting to the Navy Medicine Education Training Command, which includes the Navy Medicine Operational Training Center and Navy Medicine Training Support Center.

Our mission at NMPDC is to "educate, train, and support medical department personnel to enable readiness, wellness, and health care to Sailors, Marines, their families and all others entrusted to Navy Medicine, be it on land or sea."

NMPDC provides oversight and execution for Navy Medicine's continuum of learning, preparing personnel for increased responsibilities as military and professional leaders. Our courses focus on the practice and business of Navy Medicine in both the operational and the Medical Treatment Facility settings delivered via resident and web based Navy e-Learning modalities.

Our command is composed of the Navy Postgraduate Dental School (NPDS), the only DOD centralized site for postgraduate dental education. All specialty training programs at NPDS are fully accredited



by the Commission on Dental Accreditation.

NMPDC offers: graduate medical education; continuing education delivery; commissioning programs for the Medical Service Corps and Nurse Corps; reimbursement for board certification and maintenance; scholarly research; and professional development and leadership courses.

I encourage you to visit us on our website to know more about all of our products and services at: <http://www.med.navy.mil/sites/nmpdc/>.

I believe in the importance of building, maintaining and fostering relationships. So, I look forward to the many opportunities to collaborate with the other commands and units on the base.

Capt. Phillip M. Sanchez
Commanding Officer
Navy Medicine Professional Development Center
Bethesda, MD

Bethesda Notebook

Disability Awareness Event

The Walter Reed Bethesda Multi-Cultural Committee will host a Disability Awareness Month event Oct. 30 at 11 a.m. in Bldg. 62. Everyone is invited to attend and there will be cake and punch at the event. For more information, call Hospital Corpsman 2nd Class Jose Martinez at 301-295-0381.

Staff Talent Show

The next Walter Reed Bethesda staff talent show is Nov. 19 from 11:30 a.m. to 12:30 p.m. in the lobby of the America Bldg. Potential participants should reserve their space on stage by Nov. 5. Trophies will be awarded to the 1st, 2nd and 3rd place winners. Refreshments will be served. For more information, contact Vivian Murga at 301-295-6516 or Vivian.murga.ctr@mail.mil, or Donna O'Neill at 301-400-0584 or donna.j.oneill9.ctr@mail.mil.

U.S. Marine Corps Birthday

Walter Reed Bethesda will observe the U.S. Marine Corps' 239th birthday during a colors ceremony Nov. 6 at 7:45 a.m. in front of the Tower on Naval Support Activity Bethesda. The official birthday of the U.S. Marine Corps is Nov. 10. Everyone is encouraged to attend the Nov. 6 colors ceremony.

Cancer Center Guest Speaker

The John P. Murtha Cancer Center is sponsoring a Guest Speaker Program Nov. 6 from 7 to 8:30 p.m. The speakers will be Dr. Valencia Clay (palliative care physician at Walter Reed National Military Medical Center) and Dr. Jerry Waddell (psychologist and Program Director of the Palliative Care Service at WRNMMC). They will discuss "Quality of Life in Disease Progression." The program will be presented at WRNMMC in the America Building, 2nd floor, Rm. 2525 - above the pharmacy/lab) and at Fort Belvoir Community Hospital by video teleconference in the Oaks Pavilion, 1st floor, Room 332. A military ID is required for base access to WRNMMC on Naval Support Activity Bethesda and the event is at no cost. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to the event for base access, and bring a picture ID the day of the event. For more information, contact retired Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color,



religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. David A. Bitonti	NSAB Ombudsman	
Public Affairs Officer: Ron Inman	Michelle Herrera	240-370-5421
Public Affairs Office: 301-295-1803		
	Sexual Assault Response	
	Coordinator Hotline	301-442-2053
Journal Staff		
Staff Writers	MC2 Ashante Hammons	
	MC2 Christopher Krucke	
	Sarah Marshall	
	Katrina Skinner	
	Julie Smith	
	Sharon Renee Taylor	
Managing Editor	MC2 Brandon Williams-Church	
WRNMMC Editor	Bernard Little	
NSA Bethesda		
Fleet And Family Support Center	301-319-4087	
Walter Reed National Military Medical Center		
Office of Media Relations	301-295-5727	
Visit us on Facebook:		
Naval Support Activity Bethesda page:		
https://www.facebook.com/NSABethesda		
Walter Reed National Medical Center page:		
http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107		
Uniformed Services University of the Health Sciences page:		
http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts		

Shh ... Healing in Progress

Quiet Time Healing Initiative Launched

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

Patients at Walter Reed Bethesda can rest a little easier. A new Quiet Time policy launched last month aims to protect patient sleep time between the hours of 10 p.m. and 4 a.m.

The new policy limits unnecessary interruptions such as routine tests and vitals during late night or early morning hours and encourages only required tests performed at alternative times when the patient is likely awake.

“Our Quiet Time policy is patient-centered. Our team has identified yet another opportunity to improve the care we provide to those we are privileged to serve,” said Walter Reed National Military Medical Center (WRNMMC) Director Army Brig. Gen. (Dr.) Jeffrey Clark, who signed the directive instituting the designated quiet time hours on Sept. 4, made effective immediately.

Army Col. Ray Antoine, director of nursing at WRNMMC, explained why the new policy was so important.

“We talk about being proactively patient-friendly and we talk about the patient-care experience, and certainly part of that is not doing things that interfere with our patients’ ability to get quality rest,” said Antoine, who explained patient sleep deprivation is a problem for both military and civilian hospitals.

The Quiet Time, Healing in Progress initiative does not apply to patients in an intensive care unit or emergency department because those individuals are sicker and need round-the-clock care, according to Antoine. He said, the new policy is practical for patients who have transitioned to a medical-surgical environment, on the mend, improving and recovering on other wards.

“They need interventions less frequently and so with that we’re talking about timing those interventions so that we can allow them some time to be uninterrupted and some time to sleep,” the director of nursing explained. “It doesn’t mean that we’re not checking on them — we’re still going to do comfort rounds on them where we check on them every hour to make sure everything is okay — but it



Graphic Illustration by Sarah Marshall

A new Quiet Time, Healing in Progress initiative was launched last month to protect patient sleep time between the hours of 10 p.m. and 4 a.m.

doesn’t mean we have to wake them up during that time.”

According to Antoine, patients brought attention to the problem both verbally and through written surveys.

“We have patients who, during the course of their stay, compliment you on the care but then they would bring up anecdotes about what they noticed. They’d say, ‘I’m doing well [but] I just don’t understand why it’s

necessary to have a chest X-ray at midnight, or 2 a.m.’ That’s a valid point, unless something’s acutely going on. If it’s a routine test, then we have to ask ourselves, why are we doing this?” he asked.

Antoine said the tests were being taken because they are part of the info that providers need to make decisions.

“As an example, if a provider writes for daily chest X-rays,

they don’t tell the nursing staff what time to get the chest X-rays so it’s really up to the nurses when they take those, but in an effort to have those chest X-rays completed and the results back in for the provider to make rounds, the nurses will take them down during the night,” he explained. “Well, that works for us, but it certainly doesn’t work for the patient.”

The nursing director said that all stakeholders were brought together — leadership, providers, clinical support, both medical and surgical interns, as well as staff nurses — to come up with a policy that worked for everyone.

Navy Cmdr. (Dr.) John T. Bassett serves as president of the executive committee for the Walter Reed Bethesda medical staff. “I think this is a good policy. It is patient-friendly and patient centered. We avoid doing routine labs and routine X-rays between 11 p.m. and 4 a.m. It’s just a common sense approach to patient care,” he said.

“We always try to balance the desire to provide an optimal patient experience with

See **HEALING** page 10

Grammy-Winning Vocalist Performs at Walter Reed Bethesda

By Bernard S. Little
WRNMMC Public Affairs
staff writer

Grammy Award-winning jazz vocalist and songwriter Gregory Porter performed in the America Building lobby at Walter Reed National Military Medical Center (WRNMMC) Monday. Porter won the 2014 Grammy for best jazz vocal album, “Liquid Spirit.”

Porter’s performance was part of the Stages of Healing series at the medical center.

“It was a real pleasure and treat to have Gregory Porter perform here,” said Lt. Cmdr. Micah Sickel, director of Stages of Healing and a child psychiatrist at Walter Reed Bethesda. He explained, Stages of Healing brings various artists, performances and presentations to Walter Reed Bethesda, “allowing walls to be broken down, facilitating dialogue and con-



Photo by Bernard S. Little

Grammy Award-winning jazz vocalist Gregory Porter performs his song “Liquid Spirit” during a lunch-time concert at Walter Reed Bethesda Oct. 20.

tributing to an overall feeling of togetherness” at WRNMMC.

Porter was accompanied in his performance at Walter Reed Bethesda by pianist Chip Crawford.

The vocalist said he was honored to perform at the Nation’s Medical Center for its patients and staff. “My mother was a nurse for 30 years, and she cared for many in the military,”

said the California native, currently on tour in the U.S. and heading to the U.K. later this month.

Porter added his mother was also a minister, and like her, he tries to make people feel better through his music and songs. He explained his music has allowed him to “reiterate his mother’s messages of hope, treat others like you want to be treated, [and] mutual respect, respecting every person you look at.”

The noon jazz performance was well received by those who came out for it.

A self-described jazz enthusiast, Information Systems Technician 3rd Class Daniel Warshaw, said of Porter’s performance, “I thought it was amazing. He’s a phenomenal singer and I appreciate he could come and give us a moment of his time. He hits the spot.”

Leroy J. Goetzendanner III,

another “jazz lover” who works at Walter Reed Bethesda’s Logistics Department, said he appreciated the performance as well. “I’ve caught a lot of [Porter’s] shows and I needed to come out and see him personally, this close. I appreciate that he came out and did it for the service members and I am a veteran myself.

“He’s awesome, he’s phenomenal,” Goetzendanner added.

“Even with three songs, I could see how so many of the people who attended had their day brightened by this,” Sickel said. “It was good to hear a sentiment from another audience member similar to my own thinking, which is ‘people don’t realize what they were missing.’”

For more information about Stages of Healing, call Lt. Cmdr. Micah Sickel at 301-295-2492.

Breast Cancer Survivor Offers Inspiration to Others, Begins Support Group

By Sarah Marshall
WRNMMC Public
Affairs staff writer

During a routine self-examination, Air Force Senior Master Sgt. Demetrica Jefferis found a lump on her left breast. The date was Oct. 5, 2013. It was also her 43rd birthday.

"I knew something was out of the ordinary," she said.

Immediately, she followed up with the medical clinic where she was stationed then, at Osan Air Base in the Republic of Korea. Tests weren't able to determine right away if it was cancer, but she was told it was probable cancer. At the time, her tour was ending and she was soon stationed back at Joint Base Andrews. She underwent a biopsy at Walter Reed Bethesda, and on Dec. 26, 2013, was told she had Stage 0 breast cancer.

In Stage 0 breast cancer, or ductal carcinoma (DCIS), abnormal cells



Photo by Sarah Marshall

Air Force Senior Master Sgt. Demetrica Jefferis and her husband, Anthony Jefferis, pose for a photo together Oct. 16, just before the breast cancer survivor's final surgery.

are found in the lining of the breast duct. It is non-invasive, but in some cas-

es, DCIS may become invasive cancer and spread to other tissues, according

to the National Cancer Institute. As it spreads to other organs, breast cancer can range from Stage 0 to IV, with Stage IV being the most aggressive.

Shocked and in disbelief, and with a new perspective on life, Jefferis said she knew she had to remain positive — and she asked her family to do the same.

"That's what they did — they were positive about it," Jefferis said.

When Jefferis learned she had breast cancer, she said she had the option to have a lumpectomy with radiation (removing the lump and surrounding tissue followed by radiation therapy), or she could have a bilateral mastectomy (removal of both breasts followed by reconstructive surgery). She chose the latter, and had a bilateral mastectomy on Jan. 30.

"While it was hard to hear, and it took me a little while to digest that, I knew that was my best option," Jefferis said, also

bearing in mind her family history. "My mother had breast cancer, and unfortunately, she did not survive it."

Not long before she discovered a lump on her breast, Jefferis also learned two of her mother's sisters were breast cancer survivors. Taking her family history into account, she underwent genetic testing to determine whether she had the BRCA2 gene. If the gene is found, a woman's risk of developing breast and/or ovarian cancer is increased. After testing positive for the gene, Jefferis knew she made the right decision, and this month, had her ovaries and fallopian tubes removed as well.

Jefferis wants others to know the importance of early detection and early prevention — that is what saved her life, she said. It wasn't just her regular self-examinations, but also following through.

"I was aggressive with attacking it early on, and

as quickly as possible," Jefferis said. As a result of early detection, she said, she didn't have to go through chemotherapy, radiation treatment, or hormone treatment. Today, there is no more cancer in her body, she said.

She also credits her loved ones for their support in helping her make it through this journey. Her husband, Anthony Jefferis, said he has seen his wife grow stronger — which is saying a lot because she has always been a strong woman.

Their family has also grown stronger, he continued. Though it's been a rough year, it has put things into perspective.

"I'm extremely impressed with how she's handling it," Anthony said. He added, he often tells others, he is a "nervous wreck," while his wife is "flying through like there's nothing to it."

To help educate and empower women, Jeffer-

See **CANCER** page 9

According to the U.S. Department of Labor, employment for cybersecurity professionals is projected to grow by 37% by 2020.* Reinvent yourself to meet the growing demand for cybersecurity professionals, whether in the military or out. Plus, you can learn from experts using curriculum that's continually assessed by advisory councils so you can be confident you're learning the latest developments in the field.

THE DEMAND FOR CYBERSECURITY HAS NEVER BEEN BIGGER.

LEARN THE SKILLS YOU NEED FOR THE CAREER YOU WANT.

B.S., CYBERSECURITY
M.S., CYBERSECURITY STUDIES

AMUONLINE.COM/WALTER-REED

*Bureau of Labor Statistics, U.S. Department of Labor, *Occupational Outlook Handbook report on Information Security Analysts (Job Outlook, 2012-2022)*. Published Date: Jan. 8, 2014.

We want you to make an informed decision about the university that's right for you. For more about the graduation rate and median debt of students who completed each program, as well as other important information—visit www.APUS.edu/disclosure.

 **American
Military
University**
Learn from the leader.™

Healing Arts Exhibit on Display in America Building

Artists' Works Tell Stories of Tragedies, Inspirations, Triumphs

By Bernard S. Little
WRNMMC Public
Affairs staff writer

Healing is an art, and art is healing. That is the central theme for the 11th Annual Cancer Art Show currently on exhibit in the America Building pavilion at Walter Reed National Military Medical Center (WRNMMC). The exhibit, sponsored by the Creative Arts Program and the John P. Murtha Cancer Center at WRNMMC, opened Oct. 16 with poetry, music and the artists explaining the purpose and inspiration for their works. The show is given “in memory of those who lost their battle or were lost in battle; and in celebration of those who continue on ...,” according to event organizers.

U.S. Public Health Service (USPHS) Capt. Paul Andreason, a psychiatrist in the Trauma Recovery Program at WRNMMC, said, “art, which is from our emotional selves, can give words to both the joy and pain we feel, so we may bear each other’s burdens and share each other’s joys.”

USPHS Capt. Moira G. McGuire, assistant chief for Integrated Health Services at WRNMMC and an organizer for the show, added, “We have had the fortune and joy to showcase the transformative power of the arts to our hospital community and family for 11 years. The show started as the Breast Cancer Art Show, and while it is now for the entire community, our oncology roots are deep and permanent.”

Col. (Dr.) Craig Shriver, director of the John P. Murtha Cancer Center, agreed. He quoted artist Richard Kamler, who said, “art is our one true global language. It knows no nation. It favors no race. It acknowledges no class. It speaks to our need to heal, reveal and transform. It transcends our ordinary lives and lets us imagine what is possible.”

“The mere definition of art talks about healing,” Shriver continued. He said there is an undeniable connection between healing, science and art, and quoted French artist George Braque, stating, “Art is a wound turned into light.”

“I’m a surgical oncologist, so I certainly understand wounds and I think that’s a great iteration of what art can represent in the healing arena,” Shriver said.

“If you need any more convincing, Florence Nightingale said, ‘Variety of form and brilliancy of color in the object presented to patients, are an actual means of recovery,’” Shriver added.

“Even back in the 1800s, the healing power of art was recognized by [the person] who may be the greatest example of nursing care in the history of the world,” Shriver concluded.

Guest speaker at the exhibit opening, Kristin La Flamme, a textile artist and Army wife, explained, “for many, it’s a lot easier to express one’s feelings, or work through things, by creating something with our hands rather than trying to craft just the right words. This healing arts exhibit is just about that — the importance of having art as one of the tools in our resiliency toolbox.”

La Flamme said the Walter Reed Bethesda exhibit includes “deeply personal and meaningful art of all types. It is important people have a myriad of ways to express themselves, not just through words, but images as well. It’s important to share those expressions so that others may find understanding and perhaps a bit of their own voice in the art, too.”

A native of California, La Flamme’s work includes quilts and aprons she’s made from various textiles. She explained, she chose these forms because they elicit an array of feelings. “I feel my art



Photo by Bernard S. Little

Members past and present of the U.S. Air Force Strolling Strings perform during the Healing Arts Exhibit opening program Oct. 16 in the America Building on Naval Support Activity Bethesda.

can speak authentically. Hopefully, it can connect with others who recognize a bit of themselves in it, and maybe even in those whose experiences are completely different, who would appreciate a door to open a conversation.”

She added the U.S. military has a lengthy partnership with the arts, explaining each branch has a service song, and “The Star-Spangled Banner,” a poem set to music, begins each military ceremony. In addition, each service is identifiable by its colors and insignias, and “military failures and successes have been celebrated in paintings throughout history.”

Also at the exhibit opening, USPHS Cmdr. Cynthia Nielsen-Mcardle read a poem written by an Army nurse who worked in the Warrior Clinic at WRNMMC and served as an intensive trauma unit nurse while on deployment in Afghanistan. Her

See ART page 9

Move-in Special

at The Glens on Battery Lane!

Waived application fee and the first two months rent free with a 13 month lease. This special is being offered on select renovated

Two Bedroom/Two bath apartment homes located at The Middlebrooke.

Some restrictions apply, please contact us for details

Live Close to WRNMMC

Aldon of Chevy Chase

301.656.7626

4740 Bradley Blvd.

Chevy Chase, MD 20815

Aspen Group

202.726.0174

1400 Aspen St. NW, Suite B

Washington, DC 20012

Eighty-Two Hundred

301.654.8200

8200 Wisconsin Ave.

Bethesda, MD 20814

The Glens on Battery Lane

301.656.1306

4998 Battery Lane

Bethesda, MD 20814

The Brittany

202.244.5467

5432 Connecticut Ave. NW, Suite 211

Washington, DC 20015

We welcome you to visit our Aldon Communities

For more information visit our website

www.aldonmanagement.com

Surprise Visit Brings ‘Fury’ To NSAB



Logan Lerman, Brad Pitt and movie director David Ayer visit wounded, ill and injured service members at Walter Reed National Military Medical Center onboard Naval Support Activity Bethesda Oct. 15.

**By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs staff writer**

Surprises are not always great. Some can jump into your life and create chaos unlike anything you’ve seen before. But, for 22 unsuspecting individuals, the surprise unveiled to them Oct. 15 was unlike anything they had experienced before ... this time in a good way.

Brad Pitt, Shia LaBeouf, Micheal Pena, Jon Bernthal and Logan Lerman, the main protagonists from the recently released film ‘Fury,’ paid a visit to active duty and wounded, ill and injured service members at the USO Warrior and Family Center and the Walter Reed National Military Medical Center onboard Naval Support Activity Bethesda.

Randomly selected from a pool of submissions, the attendees of the event had no clue who was to come and brighten up their day. The USO was successful in keeping the identity of cast members visiting under wraps. “I got an email notification stating I was selected to

meet some actors from a major motion picture,” said Hospital Corpsman 2nd Class Philip Fishburn. “The email did not say what actors, but just to be at the USO at this time and date. When we got there and they told us who was coming my jaw dropped and thought to myself ‘my wife is going to be really jealous.’”

The actors shared hugs, laughs, personal stories and photo opportunities with the attendees. Heavy rain may have delayed the stars from getting to the event as planned, but it didn’t stop the A-listers from spending one-on-one time with each person eager to speak with them. “It was so great,” said Navy Lt. Chad Hutchins. “All the service members were so excited and couldn’t believe they took as much time with us as they did. A few times I had to step back and come to reality. Doing so allowed me to see everyone there smiling and truly enjoying themselves.”

Fishburn echoed the same sentiments. “You would think these actors would come in with that Hollywood persona you see on TV, but that could not have been further from

the truth. The actors were the ones initiating conversation, shaking hands, taking cell phone pictures, when you would typically think it would be the other way around.”

Being that the movie is centered around military exploits during World War II, it was fitting that the cast members visited the USO to show their genuine gratitude towards the active duty and wounded, ill and injured. With their USO commemorative patches on their shirts, the actors displayed honest efforts in getting to know each person there.

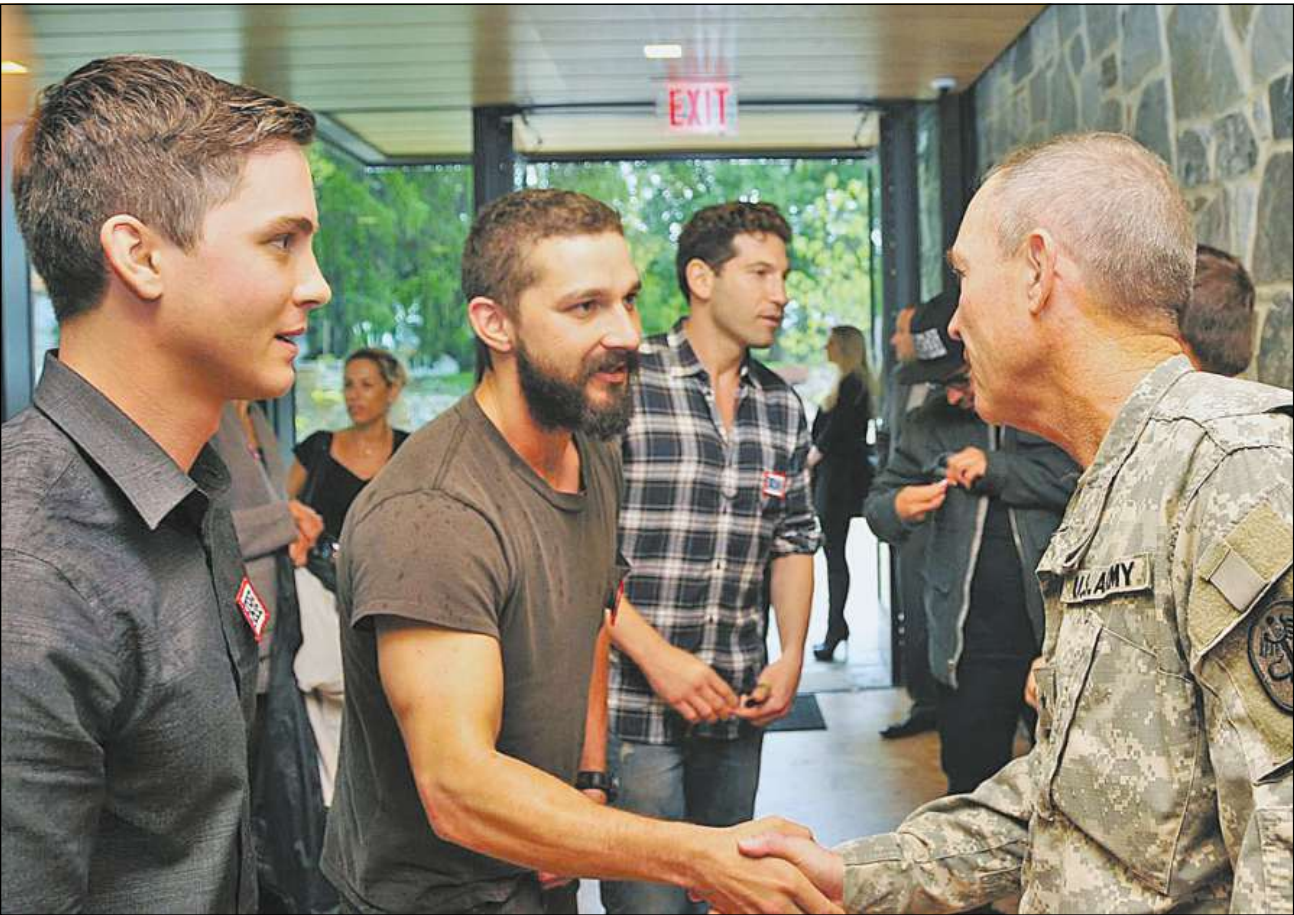
Every individual selected for the event said they felt an aura of surreality while interacting with the actors as they thanked each person for what they do for our country. “Every actor and the director were very appreciative of our service to the country and said that doing the movie gave them so much more appreciation for what we do,” said Hutchins. “They had to go through a mini-boot camp and learn lots about the military to act their parts appropriately. But, they were all so down to Earth and casual that it was like talking to any ‘normal’ person.”



Michael Pena poses for a picture with Luis Mercado and Spc. Chalonna Sanford at the USO.



Jon Bernthal poses for a picture with James Pierce at the USO.



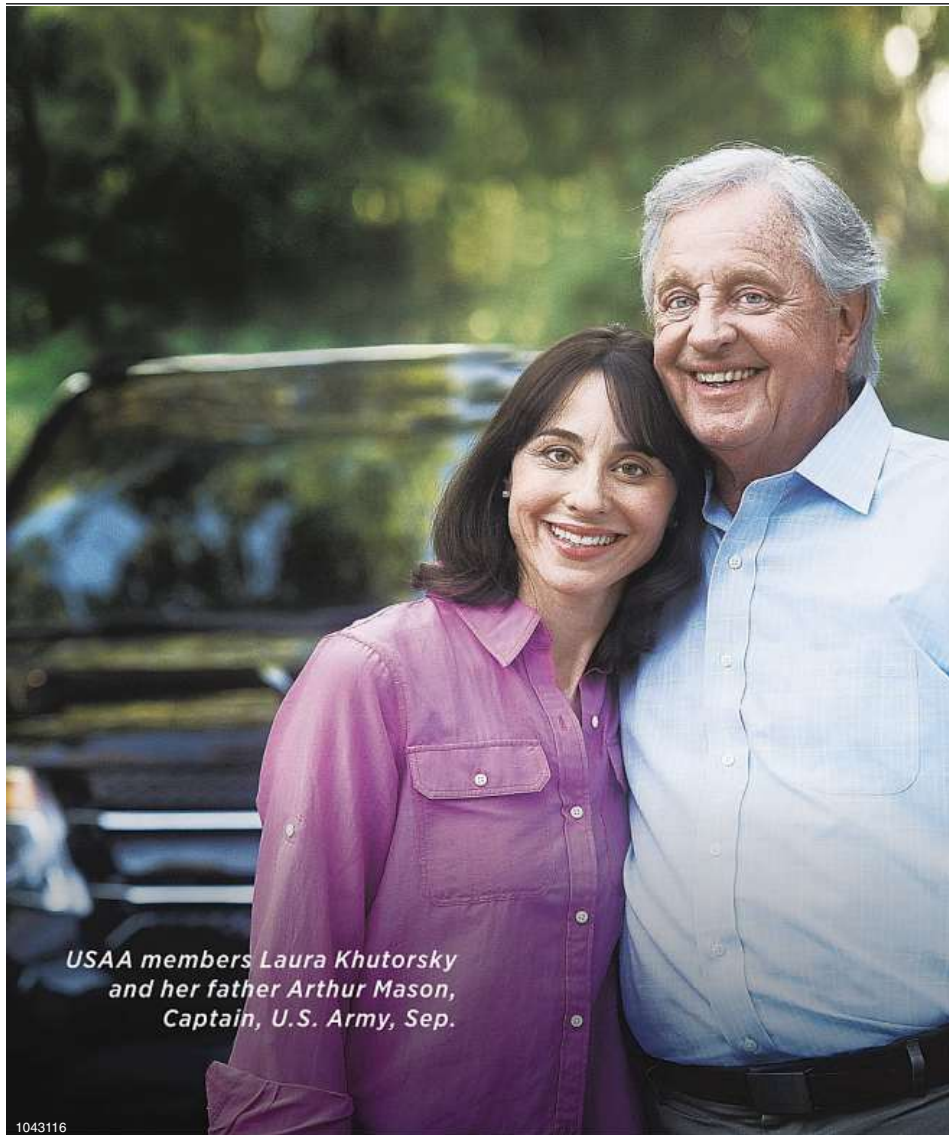
(From left): Logan Lerman and Shia LaBeouf greet Walter Reed National Military Medical Center Director Brig. Gen. Jeffrey B. Clark at the USO Warrior and Family Center.



Brad Pitt signs a ‘Fury’ movie poster at Walter Reed National Military Medical Center.



Brad Pitt speaks with Navy Lt. Chad Hutchins and James Pierce at the USO.



USAA members Laura Khutorsky
and her father Arthur Mason,
Captain, U.S. Army, Sep.

1043116

SWITCH TO THE INSURANCE WHERE **92%** OF MEMBERS PLAN TO STAY FOR LIFE¹

**USAA Auto Insurance rates
beat the competition 3 out of 4 times²**

In fact, members who switched have saved an average of \$409 a year.² Competitive rates: just one reason our members are as loyal to us as we are to them.

★ **GET A QUOTE.**
usaa.com/insurance
or 800-531-USAA (8722)



¹92% based on 2014 member communications trend survey. ²Average savings and the "3 out of 4" savings are based on countrywide survey of new customers from 11/1/12 to 10/31/13, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of the term "member" or "membership" does not convey any eligibility rights for auto and property insurance products or legal or ownership rights in USAA. Membership eligibility and product restrictions apply and are subject to change. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, and USAA County Mutual Insurance Company, San Antonio, TX, and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. © 2014 USAA. 210202-0914

The Combined Federal Campaign is Underway!

Visit DCMilitary.com/CFC
for a complete preview and
a full list of participating
charities that need your
support through donations
to help those in need.

***Please support their
efforts and donate today!***

dcmilitary★com



1043237



Photo by Bernard S. Little

A variety of art is on display in the Healing Arts Exhibit in the America Building on Naval Support Activity Bethesda.

CANCER

Continued from pg. 4

is recently started a monthly breast cancer support group at Joint Base Andrews, "Together in Pink." The group is open to those with breast cancer at any point in their recovery, whether they're newly diagnosed or have survived the disease. It's also for their loved ones. Those who attend the group can share their stories and experiences, Jefferis explained.

"It's a group that provides encouragement, support, education, information," she said.

Throughout her journey, Jefferis said she has learned many people are often afraid to talk about it, or they feel like they're going through it alone.

"That doesn't have to happen," she said. "When you're diagnosed with breast cancer, you're not alone."

Jefferis noted there are also support groups at Walter Reed Bethesda, as well as at Fort Belvoir Community Hospital. It's important to have support, while focusing on the positive, and staying informed about the disease, she explained.

Focusing on her health, Jefferis is also committed to staying active, eating healthy, and not taking anything for granted.

"I'm unstoppable. There is nothing I can't do," Jefferis said. "It's going to be a new life after this."

For more information about "Together in Pink," email lisa.harrison.3@us.af.mil, renetta.cowan@us.af.mil, or demetrica.jefferis@us.af.mil. For information about the breast cancer support group at Walter Reed Bethesda, contact Ellen Bowers at 301-319-2893.

ART

Continued from pg. 5

poem describes her experiences serving there and the tragedies of war.

The elegy concludes with the verses, "as 13 angels now haunt my dreams, I try to figure out what it all means. Why the dog? Why the fire? Why the bullets? Why the bombs? Why the pain? ... Was it all in vain? When you died, I cried. They all earned their wings ... 13 angels."

Another artist whose work is on display at the exhibit, Kimberly N. Harper, agreed with the therapeutic effect of art. A Navy operations specialist 1st class in recovery at WRNMMC, Harper explained creating art has provided an outlet for her anxiety as she heals and rehabilitates at the nation's medical center.

"[Art] is a way for me to escape everyday stressors,"

Harper explained. "It's a big relief and a way to show emotions," she added.

Thomas Bloomquist's work is also on display at the WRNMMC exhibit. The artist said he was inspired to create his large acrylic finger paintings by the Bible verse Galatians 5:22, which states, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness." Bloomquist has painted a colorful flower, heart and dove as part of a series to portray attributes of the "fruit of the Spirit."

The art show's opening also included a performance by the USUHS Dermatones, an a cappella group of future military physicians in training at the Uniformed Services University of the Health Sciences. Also, members past and present of the U.S. Air Force Strolling Strings performed during the show's reception.

McGuire said the Department of Defense is the largest single employer of musicians in the world.

The Healing Arts Exhibit will be on display in the America Building for the next few weeks.

TEXT. PLAY. BANK.



Effortless.
Convenient.
Free.

- > View your account information
- > Transfer money
- > Make deposits*
- > Pay bills
- > Find nearby branches and ATMs

Download the app today!

Available on iPhone®, Android™, iPad®, and Amazon Kindle.

**NAVY
FEDERAL**
Credit Union

ARMY
MARINE CORPS
NAVY
AIR FORCE
COAST GUARD
DoD

Learn more about Mobile Banking
at navyfederal.org/mobile.

For more news from other bases around the Washington, D.C. area,

visit www.dcmilitary.com.

Federally insured by NCUA. *Message and data rates may apply. Visit navyfederal.org for more information. Android™ is a trademark of Google, Inc. iPhone® and iPad® are registered trademarks of Apple, Inc. App Store™ is a service mark of Apple, Inc. Amazon, Kindle, Kindle Fire, the Amazon Kindle logo, and the Kindle Fire logos are trademarks of Amazon.com, Inc. or its affiliates. © 2014 Navy Federal NCUA 13089 (9-14)

1042981



Connect with the Military Community in Your Local Area

Go to
www.DCMilitary.com

UMD ARTIST PARTNER PROGRAM PRESENTS

**BASETRACK
LIVE** SATURDAY,
NOVEMBER 1, 8PM
\$20 NEXTLEVEL / \$10 STUDENT

A gripping show about the impact of war on veterans, their families and communities featuring live music, film, spoken word and images from photojournalists in Afghanistan.



THE CLARICE

f t i /theclariceUMD

UNIVERSITY OF MARYLAND

1043177

HEALING

Continued from pg. 3

the need to provide close monitoring for patients that are truly ill with multiple co-morbidities [simultaneous presence of two chronic diseases or conditions in a patient].”

One of the things that we’ve tried to make clear is, if our providers feel for clinical reasons labs or an X-ray need to be performed, those studies can be done at any time of the day or night. This is an acute care hospital, but, in the absence of there being an acute indication to do a study or a lab, we want to give patients maximum opportunity to have a six-hour period with minimal or no interruption to sleep,” Bassett added.

He said, it was important to ensure the policy was applied to the correct patient populations.

“I think we struck a good balance with this policy by having labs that are routine start no earlier than 4 a.m. This time was selected to assure our providers, particularly in the surgical specialties, have results back [in time] for the provider teams when they round,” said Bassett, and explained providers were encouraged to perform interdisciplinary rounds so the teams can assess if an ordered medical intervention is necessary.

Providers are also encouraged to be more thoughtful in their orders for labs

and imaging studies, according to Bassett.

“We want them to order what’s clinically indicated, and to really think about a study, regardless of what that study is, to make sure that study would change the management of the patient,” he added.

The gastroenterologist said it’s important for staffers to put themselves in the place of a patient, or consider if they had a family member hospitalized at the facility.

“I think they would appreciate having a policy like this that really tries as much as possible to allow people to get desperately needed sleep,” Bassett added. “We know there are a number of deleterious effects to sleep deprivation. So we’re just trying to, as a group of providers and medical staff, think about those things that we’re doing and the effect on patients.”

According to the physician, the quiet time initiative has far-reaching applications.

“We want staff to think about standing outside a patient’s room carrying on a conversation, [and consider] how loud the conversation is that they’re having. If you’re slamming a door going in and out of a room, is that something that’s going to be disruptive to patients on the ward?” Bassett asked.

“For this Quiet Time initiative to be most effective, it will take collaboration with the entire health care team,” he said.

Professional Services

Call 301-670-7106

Clinical Research

Clinical Research



Volunteers needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Rockville MD office.

Donations occur at our Bethesda and Germantown, MD offices by board certified physicians. Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

AD-Bone Marrow 12/08

For more information, or to schedule an appointment:
Toll free: (888) 926-9211
Email: donorinfo@lonza.com

Lonza

T6618100

Reach over
125,000
military
personnel,
their families
and
the surrounding
areas

Advertise Your
Professional
Service Here

Call
301.670.7106

DIGNITY. SECURITY. FRIENDSHIP.



VINSON HALL RETIREMENT COMMUNITY

Vinson Hall Retirement Community is a nonprofit CCRC located in convenient McLean, VA and offers independent residential living for military officers, their immediate family, and select government employees of equal rank.

Arleigh Burke Pavilion Assisted Living and The Sylvestery Memory Support Assisted Living do not require military affiliation.

VINSON HALL
RETIREMENT COMMUNITY

supported by Navy Marine Coast Guard Residence Foundation
6251 Old Dominion Drive, McLean, VA 22101
Please Visit Us at www.vinsonhall.org
703-536-4344



1050033



Classifieds

Call **301-670-2503**

Houses for Rent Montgomery Co.

GAITH: 2Br 1.5Ba, beautiful TH New AC Carpet/ Paint. Nr Mall & Metro. \$1450 HOC OK 301-792-0153

Shared Housing

SS/COLESVILLE: MBR w/priv Ba, Lrg SFH, NS/NP, \$800 inc utils/int, nr ICC, 495 & Metro 301-861-9981

Healthcare

Dental/ Medical Assistant Trainees

Needed Now

Dental/Medical
Offices now hiring.
No experience?
Job Training
& Placement
Assistance Available
1-888-818-7802
CTO SCHEV

Go online to place your web ad
www.DCMilitaryBuyandSell.com

Let us help you find the right candidate, recruiting can be simple!

Maryland, Virginia, Washington DC, we have you covered!

Call us today 301.670.2500



ARE
So
YOU
Are
READING
Over 450,000
THIS
Others!
AD?

Why Advertise? Because it works!

**Call 301-670-2503
TO PLACE YOUR AD!**

We've got you covered for Memory Care, Senior Living, Nursing & Rehabilitation

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare, Springhouse and Arden Courts names. By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare 
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

**Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton**
800.736.4427

Heartland 
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.

Baltimore 410.719.8670

Arden Courts 

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.SM Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410

Springhouse 

Our senior living residences provide a sensible mix of security, socialization and health care when needed. A gracious home with the support seniors need to lead full and independent lives can be found in:

Bethesda • Silver Spring • Westwood
888.478.2410



HCR ManorCare 
Heartland • ManorCare • Arden Courts • Springhouse

1042754

Finally,
SOMETHING BOTH PARTIES CAN AGREE ON.



1042951

**Connect with
the Military Community in Your Local Area**

Go to
www.DCMilitary.com



**Where Military connect in
the Washington, DC, Maryland and Virginia region**